

the Talon

Avila University

www.avila.edu Vol. XII Issue 6

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February
Celebrations



February 19, 2004

Hoooley-Bundschu updates look and services

Amy Morris

Staff Writer

New computers, access to library databases from any location, and updated carpeting are all new improvements in Avila's Hoooley-Bundschu Library.

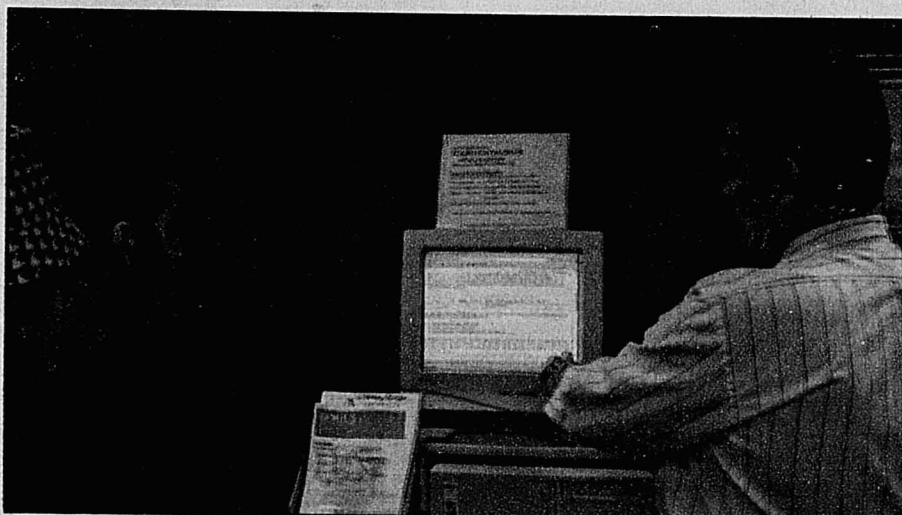
"The improvements make the library a friendlier place that is now more convenient for students and faculty to use," Kathleen Finegan, library director, said.

Over winter break, 19 new Dell computers replaced the old computers in the library computer lab. The new computers include Intel Pentium 4 processors, Microsoft Windows XP, and Microsoft Office.

"The computers at Avila get very heavy use, and we are pleased that students have the new equipment to work with," Gary Garten, director of computer services, said.

The reaction to the new computers has been mixed. Junior Larry Jones, who checks e-mail in the library several times a week, said that the new computers are much faster than the old ones.

"Last semester a lot of the old computers would be out of order, and they ran very slow. I haven't really



K. Baum

Larry Kramer demonstrates how to log into the new remote access system.

noticed any changes this semester," senior Seyko Bond said.

Graduate student Narapat Somboonyanon, who uses the library computer lab almost every day this semester, said she has not experienced any problems with the new computers or the software.

Another library improvement added at the end of last semester was a proxy server online which allows students to access Avila's library databases from any computer. Prior to

installing the proxy server, students and faculty were only able to access popular databases such as EBSCOhost from the library computers. Students can now access the databases from anywhere. Nursing students even have remote access to full text in CINAHL, a popular nursing database.

At an afternoon reception on Jan. 29, the library staff served cookies and punch, and demonstrated how to gain remote access to library databases.

Junior Bill Crosbie watched the demonstration and said it was helpful. The remote access allows him to work on projects at home late at night and on weekends.

To complete the library improvements, new carpet and tile were installed during the semester break. The old carpet had been in the library since it was dedicated in 1978. In her proposal for new flooring in the library, Finegan wrote about the carpet, "It seems that every violation of the 'No Food or Drink in the Library' rule can be documented by a stain on the carpet."

"The new carpet brightens the whole appearance of the library and makes it a more inviting place to be," Finegan said.

Students and faculty who want to check out the new library improvements can call 501-3621 for library hours. For further information about the new proxy server or handouts that explain procedures for remote access to library databases, contact a librarian at the circulation desk.

Head basketball coach resigns

Nick Zicarelli

Staff Writer

Effective Jan. 27, Avila men's basketball Head Coach Nick Totta officially resigned.

In a game on Jan. 15 at Missouri Valley, Totta was ejected for bumping an official after disagreeing with a call. Because of this incident, Totta was suspended.

"He was suspended because of a run-in with a referee, which prompted us to evaluate his professional status with us," Athletic Director Mike Sharpe said.

According to Sharpe, it was during the period of suspension that Totta resigned under mutually agreeable terms.

In Totta's four and a half years at Avila as head coach, he compiled a record of 58-92. His best year was in the 2001-02 season when his team posted a record of 24-10, finished fourth in conference, and were ranked as high as 21st in the nation.

Before his resignation, this year's

team was 11-6. After his departure, however, the team lost seven straight games.

"We were disappointed. Disappointed in the season, disappointed in coach, and disappointed in how the school handled the situation. We botched out after hearing our leader and our captain would no longer be with us," junior forward Nick Uphoff said.

Appointed as interim head coach is Anthony Hall, an assistant of Totta's since he became the head coach at Avila.

Hall's coaching resume contains 14 years of experience, including national tournament appearances at Hutchinson Community College and the State University of West Georgia. He also worked at Avila as the housing director and the coordinator of intramurals.

Going from an assistant to head coach overnight was not an easy task

for Hall.

"It was an unexpected and surprising transition," Hall said.

"He's doing a very good job considering the circumstances he was put in. It would be easy for people to blame him for us losing seven straight, but that wasn't his fault. Players are distracted with the possibility of a new coach coming in and replacing them with other players. It's just frustrating," sophomore guard Anthony Sansone said.

One of Hall's jobs will be to maintain the focus of the team as it reaches the most crucial part of its schedule.

"For the most part, these kids have done pretty well. They are trying to stay focused, and are showing a lot of character," Hall said.

The top eight teams make the conference tournament, and Hall expects his team to keep moving up.

"We don't want to be the seventh or

eighth team. I have high hopes and high expectations for them, and I want them to believe in themselves as well," Hall said.

His players believe in what he is saying.

"Everybody is coming together, and since this happened, we have become closer. We believe in Coach Hall's philosophy. Nobody on this team thinks we can't win with him as our coach," Sansone said.

As far as the plans for next year, nothing has been determined yet.

"We'll evaluate our situation for the remainder of the spring to determine what our next move will be," Sharpe said.

For now, Hall has been asked to lead this team, and he has the utmost faith in them.

"I believe in these kids. I truly believe that they can do it."

Avila 411

COSMC-KC interview day will be held March 2 from 8 a.m.-5 p.m. at the KCI Expo Center. Students may sign up on-line by Feb. 21 at www.mwsc.edu/careerdevelopment/cosmc-kc. If students have questions they can call Gina or Carmen at 501-3666.

February is Career Month. "Test Drive Your Interview Skills" will be held Feb. 18 from 3-6 p.m. and Feb. 24 from 4-7 p.m. in Whitfield Centre. "Input to Fuel Your Career Decisions" will be offered Feb. 23 from 5-6 p.m. in the Marian Centre Lounge. Students interested should sign up in the Career Services office, located in Lower Blasco or call 501-3666.

The Lied Center of Kansas Swarthout Chamber Music Series presents "Concertante," a reparatory ensemble dedicated to performing chamber music for five or more players. The octet will perform pieces by Mendelssohn, Enesco and Shostakovich. The performance will be on Sunday, March 14. For more information on admission, contact the Lied Center Ticket office at 1-785-864-ARTS/2787, or go to TICKETS.com or Ticketmaster.com

The Cathedral of the Immaculate Conception is hosting a Career Transition Support group. There will be professional job search coaches. For more information call Jennifer at 816-842-0416 x127.

Daniel Higgins will host a series of "brown-bag" workshops to teach basic American Sign Language. The workshops will be held Feb. 24, March 2, March 16, March 23 and March 30. The workshops will be from noon to 12:45 p.m. in the Barefoot Room. For more information contact Alicia Murillo at 501-3628 or murilloal@mail.avila.edu.

Thornhill Gallery will exhibit Diane Lawrence's artwork Feb. 20 until March 17. The opening will be from 5-8 p.m. on Friday Feb. 20.

Glitter Girls place in top 10 fourth straight year

Preston Porter
Staff Writer

The Avila Glitter Girls dance team placed in the top 10 for the fourth straight year at the UDA (Universal Dance Association) national dance tournament located in Orlando, Fla. on Jan. 17 and 18.

Over Christmas break the Glitter Girls competed against 26 other top-notch schools.

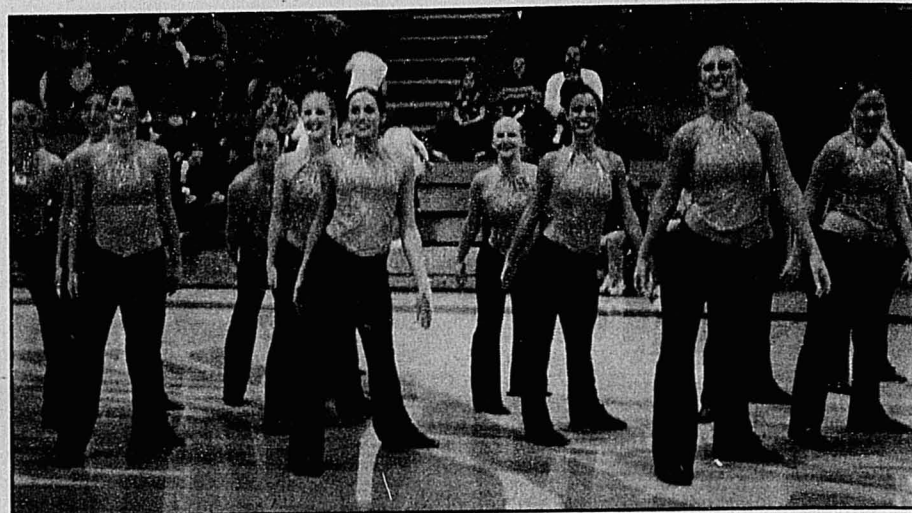
"Work ethic and sacrifice made this team successful," Coach Cindy Freeman said.

Several members of the team expressed that team unity was the key to the team's success.

"Our team's success depended upon team unity, and working together," Donna Jungman, sophomore, said.

Fourteen women were chosen from the team to travel, and one alternate. Freeman said several parents traveled down and were on hand for the tournament.

Expectations for next year's team



K. Baum

The Glitter Girls perform during halftime in the Mabee Fieldhouse.

remain optimistic. Next year, just as in the past, the team has its eyes set on the top five.

"I knew we would place in the top five this year. We expect the same performance if not better for next

year's team," Jungman said.

For more information regarding the dance team log onto Avila's website at www.avila.edu.

Jewell votes no to controversial amendment

Sarah Williams
Staff Writer

Students voted against a proposal to add sexual orientation to the list of classifications of people in the non-discrimination section of the student bill of rights at William Jewell College, Jan. 28.

The amendment to include sexual orientation, and the wording used in the amendment, have been the central focus of six years of open-ended debate, as noted in local media coverage.

Avila University does not permit discrimination against sexual orientation, as stated in its college policies and student handbook.

"When you have [sexual orientation included] it builds tolerance because it reduces ignorance, which is the cause of prejudice," Avila senior Lori Andera said.

Jewell students protested the original vetoing of the amendment, petitioning and gathering 106 signatures, allowing the students to vote on the issue.

Jewell students and senate members argue that their bill of rights should not be changed due to Jewell's religious affiliation.

"We are not a church, We are a liberal arts college with a fine Christian mission," Mark Van Tilberg, executive director of college relations at Jewell, said. "A mediocre Christian college is not doing the church any good."

Christianity promotes the equal treatment of all human beings, according to Lisa Woolery, Avila assistant professor of psychology and the president of SODA. "It was the message of Jesus Christ."

"It has nothing to do with religious reasons," Aaron Mays, sophomore at Jewell, said. "Using Biblical texts does nothing."

A total of 545 students, the largest voter turnout in Jewell's history, came to the polls to cast their votes, and voice their opinions on the matter. There were 266 students who voted in favor of the bill, and 279 in opposition. Thirteen votes decided the fate of the bill until next year, when the issue can be brought before the senate again.

"I expected a yes, but I voted no myself. The results were a little hard to believe. There were so many people here that protested and were in support of the amendment," Mays said.

Supporters hold the opinion that a difference of 13 votes is too close a margin for the issue to be resolved.

"This was a student demonstration in free speech. This is still an issue, and it will not end here," Evan Gillespie, student senate member at Jewell, said. Senate members expect the issue to be brought up again next year.

Sara Asmussen, student senate

member and senior at Jewell, found the results of the vote to show a split opinion among the students. "Student sentiment and opinion are the only things that can change now," Asmussen said.

Woolery disagrees.

"Baloney! There are all kinds of levels of change to an organization. Laws and policies just don't change until it is controversial on both sides," Woolery said.

The issue does not address Jewell's policies, which are written in an all inclusive form, according to Van Tilberg.

"What the world needs now is great liberal arts colleges that acknowledge and embrace Christian thought, and encourage spiritual growth. Everyone is on a spiritual journey of some sort, regardless of what their beliefs are," Van Tilberg said.

He feels that students need to treat all people fairly with or without the addition of sexual orientation to the bill.

"What is going on at Jewell is not what matters. It is what we want [at Avila], and the kind of community we want to create," Woolery said. "Consistently the message here is that this is a place that values people, is tolerant and accepting of all opinions, and gives humane and equal treatment to all individuals."

Student tuition goes to more than groundskeeping

Johnny Turnage
Staff Writer

Some students question how Avila's annual revenue of around \$17 million is handled by administration.

"Sometimes it seems so odd that we pay so much money to go to school here. I know other students are asking the same question I'm asking, 'Where does the money go?' " sophomore Michael Deen said.

Students pay on average around \$20,000 per year to attend Avila before financial aid is added in. Seventy-nine percent of Avila's revenue comes from tuition and fees. Thirty-nine percent of revenue goes to instruction including all the direct costs of instruction such as faculty salaries and departmental operating expenses. About 21 percent goes to Institutional Support, which includes all of the administrative offices, other general costs of operating the university, such as insurance, annual audit and institutional memberships. Sixteen percent goes to student affairs, which includes the salaries and other operating costs for the admissions department, the registrar's office, athletics and all other student related operations on campus such as campus ministry, health services, disability services and tutoring. About 7 percent goes to auxiliary enterprises; this includes the operating expenses for the residence halls, food services, bookstore and Montessori school. Seven percent goes to maintenance and utilities including salaries and operating expenses to maintain the buildings and grounds of the university. Finally, 9 percent goes to depreciation, academic support, and debt service.

"It is a balancing act with tuition," Paul Bookmeyer, vice president for finance and administrative services, said.

Avila must comply with government mandates, which allow students to receive grants and loans from the government. The university must also comply with student expectations including quality teachers and tech-

nology.

Avila's status as a private institution also dictates tuition costs due to the lack of government funding the school receives. Bookmeyer feels that the education received from a private college is the best you can get and that Avila is very competitive as a private college.

"The amount we pay equals the quality education we receive," sophomore Michele Bushan said.

Bookmeyer believes Avila to be a people organization, noting that 70 percent of funding is spent on students, faculty, and staff.

Another concern among students is the rate difference between full-time and part-time students.

"I am confused because after speaking with some other students I found out that there is a major difference in the amount that part-time and full-time students pay," sophomore Tiffany Hamilton said. "Full-time students (12-18 hours) pay roughly \$14,000 a year and a part-time student with 11 hours pays around \$7,000 a year."

According to Bookmeyer the rate difference between full-time and part-time is due to a predetermined scholarship amount being deducted from what would otherwise be the part time rate and the realization that most part time students do not utilize many of the on-campus student services that full-time students utilize. An active student takes advantage of the organizations, activities and services on campus. Many of the part-time students are returning to school, have families and live in the general area. They have active lives beyond the things that happen on the Avila campus. The lower part-time rate tries to recognize all of these factors.

Avila uses tuition to ensure that Avila is able to keep up with the expectations set forward by the students, faculty, and staff.



An evening snack bar has opened in O'Reilly. Coronet Food Services serves turkey and ham sandwiches, chips, cookies, fresh vegetables with dip, fresh fruit, salad with dressing, soda, and Gatorade. The hours are Monday - Thursday from 5:30 p.m. to 7:30 p.m. in O'Reilly Lounge near room 212.

What Avila University Tutors Can Do For You

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- ▶ Help students **GAIN** awareness of personal learning and knowledge
- ▶ Help students **BRUSH UP** fundamental skills
- ▶ Help students **USE** problem-solving strategies
- ▶ Help students **INCORPORATE** test-taking, reading, and other skills necessary for academic success
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Call 816-501-3666 or stop by the Student Resource Center in lower Blasen Hall to schedule an appointment. Evening tutoring is available in Ridgway Hall. You may also visit us at www.avila.edu/info/src/collegeskills.



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SONIC

America's Drive-Ins

Baseball gets underway

Cindy Freeman
Staff Writer

Head Baseball Coach Ryan Howard is hoping to pick up where the team left off last season. The team concluded its 2003 season with a 36-10 record, an NAIA rating of 16 in the top 25 baseball programs in the country, and a Heart of America Conference Championship.

The NAIA's pre-season ratings came out recently for the 2004 season and Avila was ranked 39th.

"I don't understand how we dropped from 16 to 39 without playing a game," Phil Budig, senior catcher, said.

For the first time in Avila history, a baseball player was drafted by the major leagues at the end of last season. Howard thinks that the loss of the pitcher won't slow the team down.

"We were 15-5 when he was out injured last season," Howard said.

Reid was not the only Avila baseball player to gain recognition last season, and, according to Howard, the good news for the Eagles is all of those players are back again for the 2004 season. Ten players received honors last season and nine are back to play this year. Eight of the Eagle starters from last year are back this year as well.

In addition to the packed veteran roster, Howard said he brought in

several top recruits. Howard says his six new left-handed pitchers and transfer third baseman, Clint Honeycutt, will have an impact on the team.

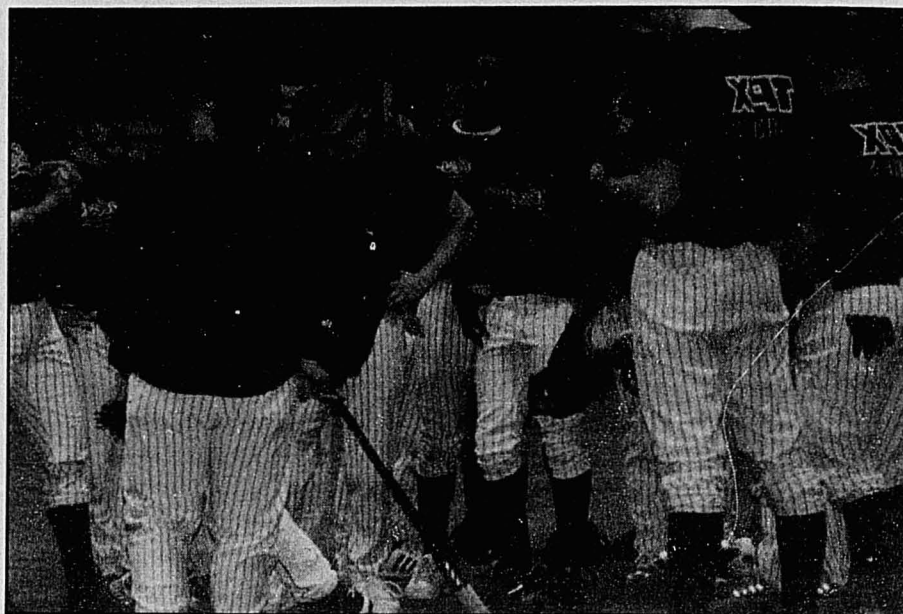
According to Howard, the Eagles are not afraid of playing a difficult schedule. The team will face the number two ranked Oklahoma City and three other nationally ranked teams during their spring break trip to Tennessee as well as a stacked conference schedule.

Fourth year starter Nick Zicarelli will wear a different hat this season. As a three-year starter in the outfield, Zicarelli has been asked to step up as part of the starting rotation for the Avila pitching staff.

"He's a champion and can do anything he wants to on the baseball field. Every time we put the ball in his hands nobody seems to score, even though he gives me a heart attack doing it," Howard said.

Howard, Zicarelli and senior first basemen Kevin Henry all agree the Eagles have a more explosive offense this year than they had last season.

As for the preseason rankings by the NAIA, senior short-stop Nate Brandt said, "I'm angry, but it gives us more juice to come out and put it to them."



M. Charnant

The baseball team comes together quickly to talk things over. They look to meet or exceed their 36-10 record from last year.

2003 Baseball Honors

All-America Honorable Mention

John Andrade, Pitcher

All Region

John Andrade, Pitcher

Heart of America Athletic Conference 2003 Baseball Honors

1st Team

John Andrade, Pitcher, David Feliscian, Pitcher
Kevin Henry, Outfield, Al Estrada, Second Base

2nd Team

Jerry Robertson, Outfield

Honorable Mention

Nick Zicarelli, Outfield, Nate Brandt, Shortstop
Matt Shannon, First Base, Jason Ryerson, Pitcher

Two more people inducted into the Avila Hall of Fame

Joel Ross
Sports Editor

Former Eagle basketball player Jessica Pankey and President Emerita Sister Olive Louise Dallavis were honored at the Hall of Fame Induction ceremony on Jan. 31.

Pankey is the only basketball player in Avila's history to record 1,000 points and 1,000 rebounds in her career. She is ranked among the best in NAIA basketball history. She played for Avila from 1994 until 1998 and graduated with a degree in nursing.

Sister Olive was the President of Avila from 1960 until 1985. She initiated the efforts to bring athletics to Avila in 1974.

She taught elementary, high school, and college students. She is still passionate about Avila athletics and is dedicated to Avila through her work

in the Advancement Office.

"I am very honored to be inducted. Any recognition to any faculty, staff, or student of the college community is one to be respected. Sports are an important balance to any curriculum and you really need both-study and play," Sister Olive said.

"This year's ceremony went well," Athletic Director Mike Sharpe said. "It was well attended thanks to the work of the Alumni Association and associate Uli Sweetwood. The ceremony was better organized this year with the extra work from the Association and we had better results than last year."

"We would love for faculty, staff, former athletes, students, and coaches to forward us information for future consideration," Sharpe said.



K. Baum

Sister Olive Louise Dallavis and Jessica Pankey are two new additions to Avila's Hall of Fame. There are 18 inductees in the Avila Hall of Fame.

The Ross Write-up

Some Avila Students
should grow up



Joel Ross
Sports Editor

Avila University is a Catholic, value-based community of learning where the worth and dignity of every individual is respected. Although many uphold this mission, you would not believe some of the trash talk uttered from the mouths of some students at Avila.

While the following is not about sports, it is an article that addresses behavior at Avila from students in general that should be stopped. The following is meant to attack behavior and not individual people.

I have been a student at Avila since the spring of 2001.

Every semester here I have experienced at least one class where a few students took liberty to make fun of the instructor or other students.

Every semester there have been a few students in one or two of my classes who found someone to bicker at and fight with every other class period.

Every semester I have also encountered at least one class where a student either threatened to beat someone up or talked about beating someone up after class. The fact that this non sense happens so consistently is ridiculous. This is not high school.

It is not always male students. I have seen female students start fights and make fun of other students. Sometimes I hear students make fun of the instructors. I had a class last semester with one of the nicest instructors possible. Three students blatantly made fun of this instructor in every class period for the entire semester.

Many times I go to the library to get some work done and I hear non-stop bickering. The students, male and female, divide into their respective library hangout groups and start it up. They shout about who's going to fight whom. They shout about who beat whom up over the weekend.

They make fun of people in the library who apparently aren't as "cool" as them. They gossip habitually about their own friends.

I have become acquainted with some of these students through my years at Avila. I know who they are and who does the talking. If you do not act in such immature ways, this article is not directed at you.

I understand students have disagreements with each other and sometimes fight verbally or physically. I am no saint. I have run my mouth at times as well. I have a problem with students at Avila who consistently take part in this verbal garbage on a day-to-day basis. Some of the students that talk are seniors who have been babbling since they were freshmen. Some of you should at least wait until you get home to talk trash so the students on campus who don't want to hear it can enjoy their day.

I know trash talk occurs everywhere in the world. My education has not been altered, jeopardized, or been a bad experience because of the trash talk. But these few students who constantly run their mouths get very annoying. Be quiet or say something positive. College is a good time to grow up.

To consistently make fun of people is no longer funny. To use foul language in every sentence is annoying. To constantly talk about fighting is immature. To repeatedly gossip in bad ways about everyone is childish.

Stop and think of how others feel. Make friends instead of enemies. Help us support the Avila climate where everyone's worth and dignity is to be respected.

I cannot ask for perfection. But to these few people, help make life at Avila more enjoyable for all students. Please stop the consistent trash talk on campus.

Cheerleaders made first appearance at nationals

Donna Jungman
Staff Writer

After only three years of existence, the Avila University cheerleaders made their first appearance at the UCA (Universal Cheerleading Association) National Championship held in Orlando, Fla.

While most Avila students took a month off of school, the Avila cheerleading squad was hard at work. Having only one week off to celebrate Christmas, the rest of the break was dedicated to practicing.

"My reasoning for having two-a-day practices was for the inexperience," coach Jason Sack said. "With repetitive practices, it helped the girls feel more comfortable with the routine."

The biggest challenge the team had to overcome was fighting injuries. The cheerleaders had to use alternates who were capable of performing and executing the routine to its fullest.

"Going through alternates and re-teaching the routine was one of our greatest challenges," freshman CeCe Ziller said.

By hitting stunts in the morning, having a one hour break, coming back that afternoon, and being able to hit the same stunts, the women had a good idea of what they could hit at nationals.

The team competed on Saturday, Jan. 17 with only three women who have ever stepped foot on a nationals floor.

The squad choreographed a routine of two minutes and 20 seconds, and traveled with 20 women and one alternate. The routine was judged on crowd interaction, crowd effective material, good use of stunts, tumbling, the use of signs and megaphones, and overall impression.

"It wasn't a bad experience, but more of a learning experience," Sack said.

Although the team did not advance to finals, the experience will leave them better prepared for next year.

"It was a good experience and now we know what to expect," sophomore Cassie DeJongh said.



The Cheerleading squad performs for the Avila basketball crowd.

K. Baum

Five Game Schedule

Avila University Men's Basketball 2004

Date	Opponent	Location	Time
Feb. 19	William Jewell	Avila	7:30 p.m.
Feb. 21	Benedictine	Atchison, Kan.	7:30 p.m.

Avila University Women's Basketball 2004

Date	Opponent	Location	Time
Feb. 19	William Jewell	Avila	5:30 p.m.
Feb. 21	Benedictine	Atchison, Kan.	5:30 p.m.

Avila University Men's Volleyball 2004

Date	Opponent	Location	Time
Feb. 21	William Woods	Avila	2 p.m.
Feb. 25	Park	Parkville, Mo.	7 p.m.
Feb. 28	Johnson and Wales	Avila	7 p.m.
Feb. 29	Johnson and Wales	Avila	2 p.m.

Avila University Softball 2004

Date	Opponent	Location	Time
Feb. 22	Maple Woods	Avila	1 p.m.
Feb. 29	Park	Avila	1 p.m.
March 4	William Jewell	Liberty, Mo.	2 p.m.

Avila University Baseball 2004

Date	Opponent	Location	Time
Feb. 20	Oklahoma Baptist	Shawnee, Okla.	1 p.m.
Feb. 21	Oklahoma City	Oklahoma City	1 p.m.
Feb. 22	William Woods	Avila	1 p.m.

Celebration Recognition

February is a month of awareness, celebration, and recognition.

THE ORIGINS OF BLACK HISTORY MONTH February is an annual occasion to recognize the important achievements blacks have made in society and to explore the heritage, creativity, culture and experiences that continue to shape the world today. Carmen Coleman Reeves, office manager of the student resource center, believes the celebration of Black History Month should be recognized at Avila University.

"The heritage of the African American race is rich in its culture as well as education. Our race is affected daily by the similarities of each, yet unaware of all the same struggles of culture diversity. Education and knowledge is the key to a unified nation all over the world," Reeves said.

This month people remember the stories of those who have helped to build the nation and advance the cause of freedom and civil rights.

"It is very important for us to promote diversity on campus, and to let people know more about black history," Johnny Turnage, vice president of black student union, said.

If you would like to come out and celebrate check out the Black History event happenings at Avila this month:

MOVIE NIGHT - "AMISTAD"

Sunday, Feb. 22, 6 p.m. to 9 p.m., Marian Eagle's Nest

CELEBRATION OF FUTURE AFRICAN-AMERICAN WOMEN

PANEL DISCUSSION

Monday, Feb. 23, 7 p.m. to 8:30 p.m., Marian Alumni Lounge

SOUL FOOD LUNCH

Tuesday, Feb. 24, 11:30 a.m., Marian Dining Room

GOSPEL FEST

Sunday, Feb. 29, 6 p.m. to 9 p.m., Whitfield Conference Room



www.infoplease.com

Carter G. Woodson

Story by Tenisha Cleaver
Staff Writer

BLACK HISTORY MONTH

February is a month of celebration,
recognition, and awareness

The first year that blacks are recognized for their success and contributions to America in the history books was 1926. Carter G. Woodson established the Association for the Study of Negro Life and History in 1915. He is also responsible for grabbing the attention of Americans by creating Negro History Week.

Born to former slaves in Kentucky, Woodson worked in the coalmines before graduating high school and earning a doctorate from Harvard. He chose the second week of February to spotlight Negro History Week because the two influential men that shared February birthdays, Frederick Douglass and Abraham Lincoln, greatly inspired the black American population.

Feb. 3, 1870

The 15 Amendment was passed, granting blacks the right to vote.

Feb. 25, 1870

The first U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.

Feb. 1, 1960

In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.

Feb. 21, 1965

Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

QUOTES FROM FAMOUS BLACK AMERICANS

"Still I rise" - **Maya Angelou**

"I can't accept not trying" - **Michael Jordan**

"With hair, heels, and attitude, honey, I am through the roof" - **RuPaul**

"Sometimes you've got to let everything go-purge yourself...If you are unhappy with anything...whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out" - **Tina Turner**

"I still have my feet on the ground, I just wear better shoes" - **Oprah Winfrey**

"We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice" - **Dr. Carter Woodson**

Mardi Gras

by Angie Alford
Spread Editor

Crazy, chaotic and sheer madness are a few adjectives to describe a religious tradition that has been around since the Middle Ages. Mardi Gras is the last day before the fasting season of Lent. Mardi Gras is a French name that means "Shrove Tuesday" which translates to "fat Tuesday." People have celebrated the day by indulging in food and drink excessively before Ash Wednesday. The tradition quickly spread into other cities across the world such as Rio de Janeiro, Nice, Cologne, and New Orleans. The famous celebration grew into a five-day weekend that included much more than the usual overdose of food and drink. Enchanting balls and masquerades allow people to gather and celebrate together. Dazzling parades draw enthusiastic crowds that saturate the streets with excitement. Moon pies and necklaces made from purple, green, and gold beads are thrown from elaborate floats to cheering faces in honor of fat Tuesday. The colors of Mardi Gras are symbolic. The purple stands for justice, green for faith, and gold for power. Much like the color of the beads have meaning, so do the way people receive them. They are traded for kisses or hugs, or just because someone feels sorry for another person. There is also a modern way that females receive beads, but that is usually only revealed within the French Quarters of New Orleans. The tradition of Mardi Gras has truly grown into a celebration of indulgence on the day before Ash Wednesday. Mardi Gras is the last day before Lent to really give in to pleasure before surrendering it to the season. The festivities will begin Feb. 20-24 of this year.

Heart Health

by Angie Alford
Spread Editor

February is not only a month for celebration of Mardi Gras and Valentine's Day, but it is also a month of recognition for Black Americans and a month of awareness for heart health.

True/False: Women may have lower stroke risk than men.

True/False: Strokes are America's No. 1 killer.

True/False: Most heart attacks are sudden and intense.

Warning sign for heart attacks include:

Chest discomfort- uncomfortable squeezing or pressure

Discomfort in other areas of the upper body- arms, back, neck, or stomach

Shortness of breath- often comes along with chest discomfort

Other signs- may include breaking out in a cold sweat, nausea or lightheadedness

Answers:

It is true that women have lower stroke risks than men women generally tend to have less build-up of artery-clogging plaque than men. It is false that strokes are America's No. 1 killer. Actually, coronary heart disease is America's No. 1 killer and strokes are No. 3. It is false that most heart attacks are sudden and intense. Some heart attacks are sudden and intense, but most heart attacks come with warning signs. Some signs are mild pain and discomfort.

Stop adding on fast food pounds

Jessica Collins
Staff Writer

Tick...Tock...Tick...Tock...Five more minutes until it is time for lunch...Stomachs growling.... the decision of what to eat lingers in the air.... Wendy's or McDonald's....Tick....Tock....what about fruits and vegetables...there isn't enough time to cook food now...there has to be a way to eat healthy and fast.

When faced with the choice of what to eat for lunch or dinner, don't be the one choosing fast food.

Students spend lots of money eating out frequently and eating nutritiously is forgotten.

The Dietary Guidelines recommend that Americans limit fat in their diets to 30 percent of calories. This amounts to 53 grams of fat in a 1,600-calorie diet, 73 grams of fat in a 2,200-calorie diet, and 93 grams of fat in a 2,800-calorie diet.

Students who eat fast foods receive almost all of their daily values for calories and fat in one meal but lack fruits, vegetables, and important vitamins.

"Students have busy lifestyles so they get something fast, and it isn't always a healthy choice," sophomore Nikki Lincoln said.

A solution to eating fast foods is packing nutritious snacks. It may take a few extra minutes before leaving for class but it will save you from eating empty calories at a fast food restaurant.

According to the American Heart Association (AHA), students who are always on the go and want a snack should grab fruit such as an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots. Another solution is bringing vegeta-

bles such as carrot sticks, broccoli, or some red, yellow, and green peppers. Try dipping vegetables in low-fat or non-fat salad dressing.

When it comes time to eat a meal and one is not rushed, try cooking something healthy at home.

"The only thing I know how to cook is Ramen noodles," sophomore Bri Amey said.

There are many websites for students like Amey that contain recipes for college students who are on a budget such as www.aha.com,

www.mamasheatlth.com, and www.recipesource.com.

Mama's health suggests that it is also easier to cook a meal if you store cupboard basics such as vegetable oil, reduced-fat milk, couscous, pasta, rice, potatoes, whole grain breakfast cereal, canned vegetables, canned tuna fish, bread, dried fruit and nuts.

The AHA suggests that students buy canned produce in order to get the nutrition and servings of fruits and vegetables. They also suggest buying ready-to-eat packaged fresh vegetables that are already cleaned, and pre-cut vegetables and salad mixes. Although fresh produce is nutritious in some vitamins, canned produce will still give students the right amount of vegetable and fruit servings needed in a day while saving money, according to the AHA.

"If we all had our mothers to cook our veggies for us at college we wouldn't have to worry so much about eating healthy, but since we don't we all have to," Lincoln said.



J. Nez

A recent issue of the Natural Foods Merchandiser revealed that Americans spend \$3.5 billion a year on fast food, thus not receiving the basic nutrients that are critical to a healthy diet.

Megan Harding is a new addition to the Advancement team

Theophilus Clark
Features Editor

Throughout the week this wizard of colors can be found working diligently in lower Blasco. Many students do not know of her existence because she just started working last month. She puts in a full day of work before heading to her part-time job as a make-up artist. This person is none other than Megan Harding, Avila's new development officer. Harding works in the Advancement office, which raises money for scholarships and projects such as the fountain, the dorms, and the practice field. Her job as the development officer includes tasks dealing directly with fundraising, researching programs on campus, and attending various meetings with students, parents, and alumni. Currently, she is coordinating volunteers for the Steer Dinner.

"Megan has a good balance," Director of Alumni and Donor Relations Serena Aernie said. "She is young enough to relate with the students, and professional enough to deal with the alumni."

Harding learned about Avila's position through friend and fellow make-up artist, Lisa Swartz, Avila's donor

relations coordinator.

"Lisa and I were talking. She told me about her job at Avila, and a new position available. I was interested, so I applied," Harding said.

Harding previously worked three

she has always been here," Swartz said.

After Harding's day at Avila is over, she is the make-up magician. She works part-time at Prescriptives cosmetic counter at Dillard's. Her

first time doing a makeover. I just kept thinking that it could always come off."

In Harding's free time, she enjoys hanging with her friends, attending concerts, and traveling. Some of the places Harding has traveled include Chicago, St. Louis, and France. She hopes to visit Hawaii next year.

"I like to travel various places to visit the downtown areas."

Harding likes Avila because of the size, and the positive, energetic people.

"I love coming to work. I have a great feeling. The faculty is friendly and helpful. I feel lucky to be here," Harding said.



Megan Harding

J. Nez

years in fundraising for the Golf Super Association of America before her career path led her to Avila. She began working at Avila in January.

"It seems like Megan's been working here for months. She works likes

duties included assisting customers with their make-up choices and performing makeovers. Harding admits to being nervous the first time she did a makeover.

"I told my customer that it was my

Megan's Favorites
Favorite TV show *Gilmore Girls*
Favorite movie *Steel Magnolias*
Favorite sport *Football*
Favorite food *Italian*

Video Game Bonanza: *Conflict: Desert Storm*

Matt Schmidt
Arts & Entertainment Editor

Jamie Conover
Staff Writer



B. Rechten

Here comes another semester of putting off real homework so we can play video games. This issue, we will review *Conflict: Desert Storm*.

Game play: The objective of *Conflict: Desert Storm* is to take down the Iraqi regime circa 1991. The game features authentic weaponry and fact-based missions from the war. The game also handles surprisingly well. I wasn't expecting a whole lot from a second-tier game like this, but it came through and then some. Did you have any problems with it Conover?

Jamie: How can I put this lightly? Oh I know... you're wrong. The control isn't as solid as other comparable games of this genre but it is definitely passing. There is some slowdown in parts of the game where the action gets really intense. It will also take you awhile to get used to the controller configuration. However, being able to control other squad members in your unit is an effective technique.

Graphics: The graphics in *Conflict* are sub-par for the course. Backgrounds lack detail and originality. Most of your missions will be fought in the sands of Iraq. Granted this is not a country with the most diverse landscape to begin with but level design could be a little more intricate. The best missions were the ones fought in the streets of the cities. It

was a nice change of pace and the buildings didn't look too shabby either.

Matt: I am going have to go ahead and agree with Jamie here. Everything is just kind of blah looking. The facial animations are non-existent, and the backdrops are not much better. Come to think of it, the graphics are not very good at all.

Extras: Ummmm...none. The cut scenes are fairly boring and don't really add to the tension or overall feel of the game. Since this was released a few years ago, it doesn't sport the bonus features that many of today's games do. This game relies solely on the game play to hook the gamer. You know what I'm saying?

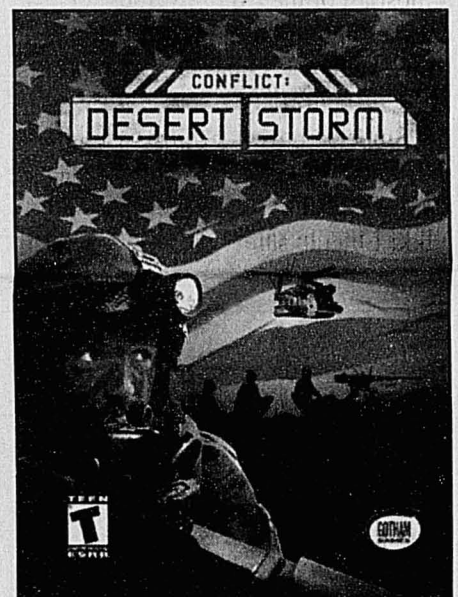
Jamie: Matt is absolutely right about the cut scenes. They seem choppy and give the game a start/stop feeling to it. It would have greatly added to the game to smooth things out a bit. Other than cut scenes this is a fairly bare bones game. You get your 15 to 20 hours of game play and then you are done. Hmm, kinda reminds me of every relationship I have ever been in.

Fun Factor: The graphics are flawed and outdated. The sound effects are dated and the detail is minimal...but I must admit that I had a blast playing in co-op mode with my "esteemed" col-

league. If I recall correctly, we started playing around 7 on a Saturday night and by 7 the next morning were still taking down the Iraqi regime.

Matt: This is truly a fun game to play with a teammate. It challenges you to work together and help each other out when needed. Jamie, thanks for pointing out what huge losers we are with the times up there. Slick.

Have any good videogame questions or suggestions for us? Want to help Jamie with his love life date? Drop us a line at videogameguys@hotmail.com, and if they are interesting enough, we will print them in the next issue. And if they are boring, we will probably still print them.



www.amazon.com

Five albums everybody should have

Jeremy Cox
Staff Writer

1) Marcy Playground ~ *Shapeshifter*: This marked the sophomore release of a very underrated band. Marcy Playground proved that there was more than "Sex and Candy" to this New York based band. Shopping around for over five years, the boys of Marcy Playground found a new record company (Reality Entertainment) and are releasing their third album, entitled *MP III*, on March 23, 2004.

2) Better Than Ezra ~ *How Does Your Garden Grow?* The third release from the Louisiana natives proved to be

their best album to date. Melancholy and melodic meet hard-edged and fast pace in a delicate balance to make a great album. BTE has a full 2004 ahead of them, releasing a DVD, a best of album, and a new record by year's end.

3) Guster ~ *Lost and Gone Forever*: The third release from this northeast trio is a universal, more "radio friendly" album that got heavy rotation in the late '90s. Currently on tour in promotion of their new album, *Keep It Together*.

4) Ben Folds Five ~ *Ben Folds Five*: Released in 1995 on Caroline Records, this self-titled album was the first release by the North Carolina trio. This album is commonly overlooked due to the success of their sophomore effort, *Whatever and Ever Amen.* But some of their best work is on this album. In 1999, after four albums, Ben Folds Five broke up. Currently Ben Folds is working on his second solo album. Bassist Robert Sledge is touring with his new band, Agent Orange. And to round out the trio, Drummer Darren Jessee is now the lead singer of

his new band, Hotel Lights.

5) Our Lady Peace ~ *Happiness Is Not A Fish That You Can Catch* is the third album released from the Canadian band. Taking their name from a 1943 poem by Mark Van Doren, the band released several quality albums. Currently in the studio working on a new album, let us hope they can tap into what made them a great band that released good music.

Pictures from www.amazon.com



Marcy Playground



Better Than Ezra



Guster



Ben Folds Five



Our Lady Peace

Proof that math can be exciting

Jeremy Cox
Staff Writer

The curtain rises and mathematics is center stage in the Goppert Theatre production of David Auburn's "Proof."

"It's about the hidden women of math. The central figure is a woman striving to write a mathematical proof and to be taken seriously as a female in the world of mathematics," Charlene Gould, director of theater and women's studies, said.

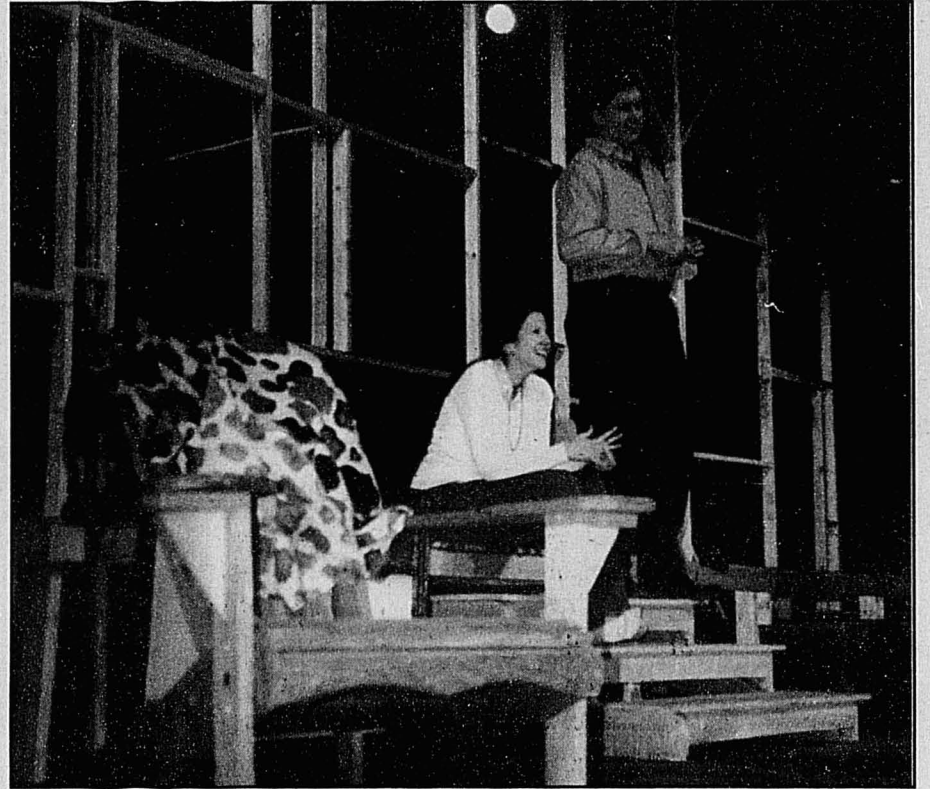
"It's a family drama, it's about a dysfunctional family. The father is a brilliant mathematician. The central figure, Catherine, inherited his genius, but she is also afraid that she has inherited his madness."

"Proof" begins with the 25th birthday of Catherine (played by junior Molly Fonseca). After spending a good portion of her life taking care of her father, she is now faced with dealing with his death. In doing so, she must also deal with the appearance of one of her father's former students, Hal (played by senior Paul Kilgore). Hal is attempting to find a gem of knowledge in the notebooks

left behind by her father. Catherine must deal also with the arrival of her older sister, Claire, in her attempts to come and patch things up and bring Catherine back to live with her.

"In 'Proof,' I have a daughter that I'm really proud of because she wants to go into mathematics, although she is forced to deal with depression and not fully applying herself," Adjunct Professor of Theater Robert Foulk said of his role as Robert, the father in "Proof." "My other daughter, is making a lot of money and has left home. She never went into mathematics, but a branch of it, so it is nothing that I'm proud of, but she takes care of Catherine and I. I'm satisfied with Claire, but I'm proud of Catherine, so there is a definite weighted relationship between myself and the two daughters."

"Proof," a play that deals with the harsh realities of love, family and relationships will be performed Feb. 26-29, 2004.



J. Nez

Molly Fonseca and Paul Kilgore in the middle of a rehearsal for "Proof."

Elbow Cast of Thousands

Matt Schmidt
Arts & Entertainment Editor

Elbow is the band that Coldplay wishes they could be. Smart, lush and heartfelt, Elbow pulls these descriptions off with a sense of ease and comfort. There is no pushing or trying too hard with these gentlemen.

"Cast of Thousands" is the sophomore release from the English art-rock band. Unlike the bleak mood that was felt on Elbow's last release,

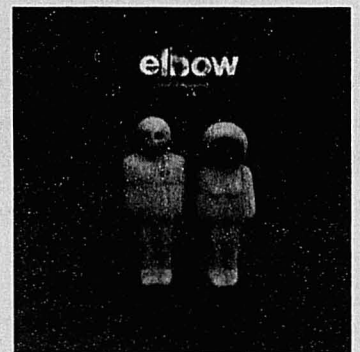
"Cast of Thousands" is a much more optimistic record.

"Open up my ribs and let the sun inside," singer Guy Garvey professes on "Ribcage," the album's opener.

"Grace Under Pressure" the penultimate song, debuted at last year's Glastonbury Festival. Garvey encouraged the crowd to help him with the final lyric: "We still believe

in love, so **** you." It's oddly touching to hear 20,000 people utter those words.

Some may argue that there is not enough variety on this album. But hey, Elbow is not trying to reinvent the wheel. They are just trying to make it a little prettier.



www.amazon.com

The Shins Chutes Too Narrow

Jeremy Cox
Staff Writer

From the first song, the listener is drawn into the melodic sounds of The Shins. The second album released by these Albuquerque, N.M. natives, is sure to be an instant hit. The first single off the album, "Kissing the Lipless," a sincere love-type song, but unconventional with its fast-paced rhythm and the driving force of lead guitar and drums. Sub-Pop, the label made popular in the early '90s by Nirvana and Soundgarden is hitting a new renaissance with the overwhelming popularity of three new bands on its label; The Postal Service, Hot Hot Heat and The Shins.

Look for the Sub-Pop record label to rise again; with the constant signing of new and interesting bands, it will be a music force to deal with once again.



www.amazon.com

Spirit

STEER DINNER 2004

It's that time of Year Again!! Time to show that awesome Avila spirit by volunteering for the 28th Annual Steer Dinner!! This year's gala will be held on March 13th at the Fairmont Hotel on The Country Club Plaza.

There are several ways to volunteer. You may come and decorate the ballroom before the gala begins, get dressed up and volunteer during the event. Auditions for speaking roles will be held on February 23 in the Helmes Room. Please contact Megan at 816-501-3696 for more information. We look forward to seeing you there!!!!

SHANGHAI JAKE'S FORTUNE COOKIE

The following has absolutely nothing to do with you or your life and is to be read for entertainment value only. Should any of my forecasts turn out to be right, or my advice turn out to be any good, please write me a letter of recommendation so that I can finally get that job as the weight and age guesser at Worlds of Fun.

Pisces (Feb. 19 – March 20)

All people you know are robots who abducted you when you were born so they could study human behavior in a complicated plot to conquer the world. If you start acting like a chicken now, you could save us all.

Aries (March 21 – April 19)

You should be the most popular person at school ... make sure to tell everyone you know.

Taurus (April 20 – May 20)

Strangers are just people that could be dangerous.

Gemini (May 21 – June 20)

The road to love is often difficult, and it sometimes leads to a shot of penicillin.

Cancer (June 21 – July 22)

Rough times are ahead, avoid people in clothes and steer clear of Denny's.

Leo (July 23 – Aug. 22)

You're not the next American Idol.

Virgo (Aug. 23 – Sept. 22)

Opening up and expressing your feelings often makes people feel awkward; keep it bottled up.

Libra (Sept. 23 – Oct. 22)

That promotion at work is within your grasp, but you're probably going to screw it up again.

Scorpio (Oct. 23 – Nov. 21)

It's always best to suspect your significant other of cheating, and then you'll never be caught off guard.

Sagittarius (Nov. 22 – Dec. 21)

The more languages you learn, the better the odds of finding someone who wants to talk to you.

Capricorn (Dec 22. – Jan. 19)

You will pursue your dreams successfully, if you define success as T-Bell.

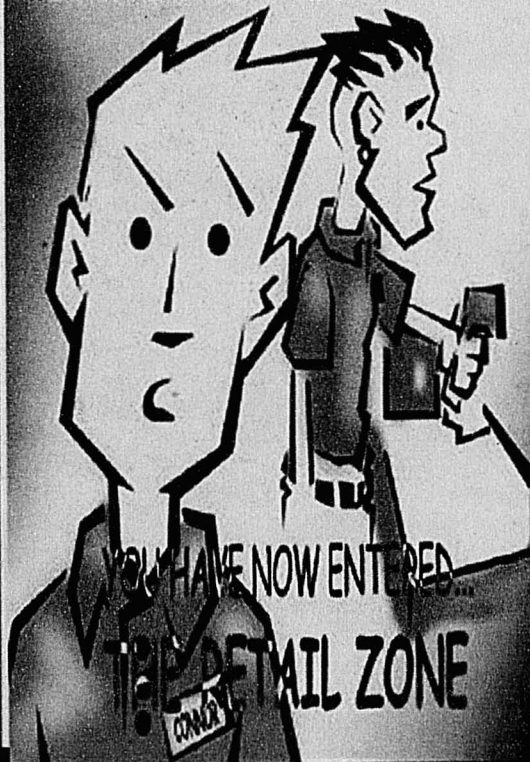
Aquarius (Jan. 20 – Feb. 18)

You can't make someone fall in love with you, but you can entice them with candy and the promise of a role in your next film.

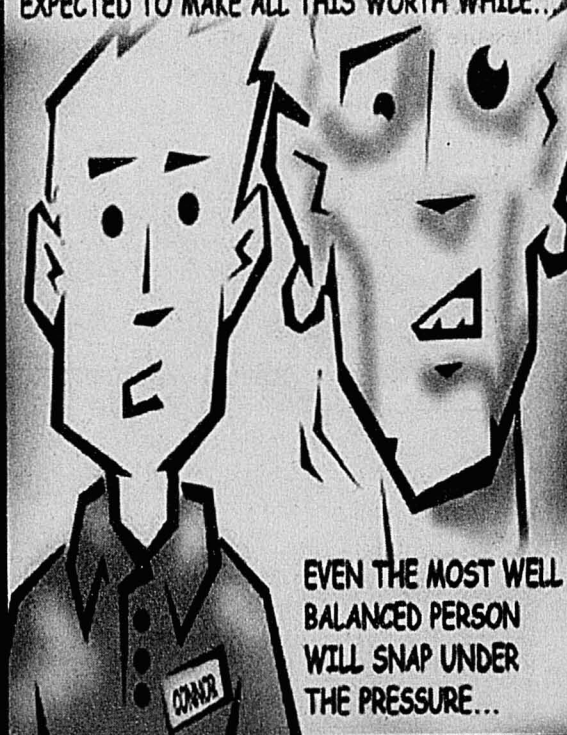
by Jake Sanders, News Editor

Minimum Wage by Aaron Jackson

STEPHEN IS JUST A MILD MANNERED, HARD WORKING, COLLEGE STUDENT, WITH A MINIMUM WAGE JOB...



BUT GIVEN THE CONSTANT INANE QUESTIONS, REPEATED JOKES THAT WEREN'T FUNNY THE FIRST TIME, AND THE MINIMUM WAGE PAY EXPECTED TO MAKE ALL THIS WORTH WHILE...



EVEN THE MOST WELL BALANCED PERSON WILL SNAP UNDER THE PRESSURE...

IN THE RETAIL ZONE, NO ONE CAN BE TO CAREFUL! THANKFULLY THIS IS NOT REAL, IT ONLY TAKES PLACE...



JUST BECAUSE IT DOESN'T RING UP DOESN'T MEAN IT'S FREE... THE 99 CENT SALE PRODUCTS COST 99 CENTS... I DON'T KNOW IF THERE IS A NEW STRAIN OF BACTERIA FOUND IN SUGAR CUBES... THERE WON'T SELL REPLACEMENT AIRPHONE... I DON'T HAVE A PHONE... WE WON'T BE THERE...

The line needs to be drawn

Nicole Sowders
Staff Writer

Imagine it is a typical day of the week, and you and your friends meet at a local bar. You scan the room, trying to locate your friends. Your gaze pauses when you notice a middle-aged woman and a younger man having a drink at the corner table. You see your friends and join them for a night of fun.

Nothing seems to be out of the ordinary. Or is it? What if that couple you noticed was a professor at your university having a drink with a student? Is that unusual? Normally, students meet with instructors in a classroom or an office. If a discussion moved off campus in a non-school setting, where or when does it become inappropriate?

I look to my instructors for educational reference and guidance and

have no need to meet anywhere off campus with them, especially in a social setting. Professors have become a part of my life. I am receiving my education and degree from them. I don't agree with professors and students having personal relationships together. The relationship between a student and a professor should be strictly professional. There are certain social events where students and professors gather, and have a drink on campus. At Avila's Thornhill Gallery, professors and students gather to enjoy artwork entering the gallery. Why is this okay? There is a difference of being on campus and off campus.

In the movie "The Life of David Gale," David Gale is a professor. Gale and several other professors

attended a party with other students from the university. Alcohol was present, and one of Gale's students lured Gale into extreme sexual acts.

Integrating alcohol, professors, students, and off-campus locations is not acceptable. Temptations occur. So who is to keep track of students and professors meeting off campus? Who's going to notice? Where is the line drawn?

Talking to several peers, some agree and some don't seem to mind. Students say that as long as the professor and the student are mature and acting as adults, it shouldn't matter. I hold my thought clear. Professors and students need to keep a professional relationship, and anything further is clearly crossing the line.

Campus Talk

What was your worst Valentine's Day?



"Someone took me to dinner and then said 'I used to come here all the time with my ex.'"

Katie Newman – Freshman



"The worst was when a classmate mistakenly gave me a romantic Valentine's Day card that was really meant for someone else. I had really liked her, and thought she was into me."

Chris Dukes – Senior



"My senior year in high school all my friends had boyfriends and I didn't."

Kristen Kelley – Junior



"I broke up with my boyfriend on Valentine's Day. Now I exchange gifts with my family members."

Rachel Williams – Freshman



"My boyfriend went to college and forgot about me. He called the place where I worked, and had my boss run a balloon up to me. We had been dating for four years."

Rachel Boley – Freshman



"My junior year in high school my girlfriend broke up with me the day before Valentine's Day. I had gotten her a necklace. I was glad I kept the receipt."

Chris McConnell – Sophomore

Is there a topic that matters to you? Do you have a question you want answered or a comment about something happening at Avila? We want to know! E-mail the Opinions Editor at Talon@mail.avila.edu.

the Talon

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